Health for Adolescents

An Introduction to Health, Wellness, and more...

These are the habit-forming years. Behaviors established during adolescence can affect your entire life

SUMMARY OF TOPICS

MAIN POINTS COVERED

Habits

The Health Continuum

Dimensions of Health

Life Expectancy and Longevity

Health Literacy

Health Literacy Skills

HABITS

WHAT ARE HABITS?

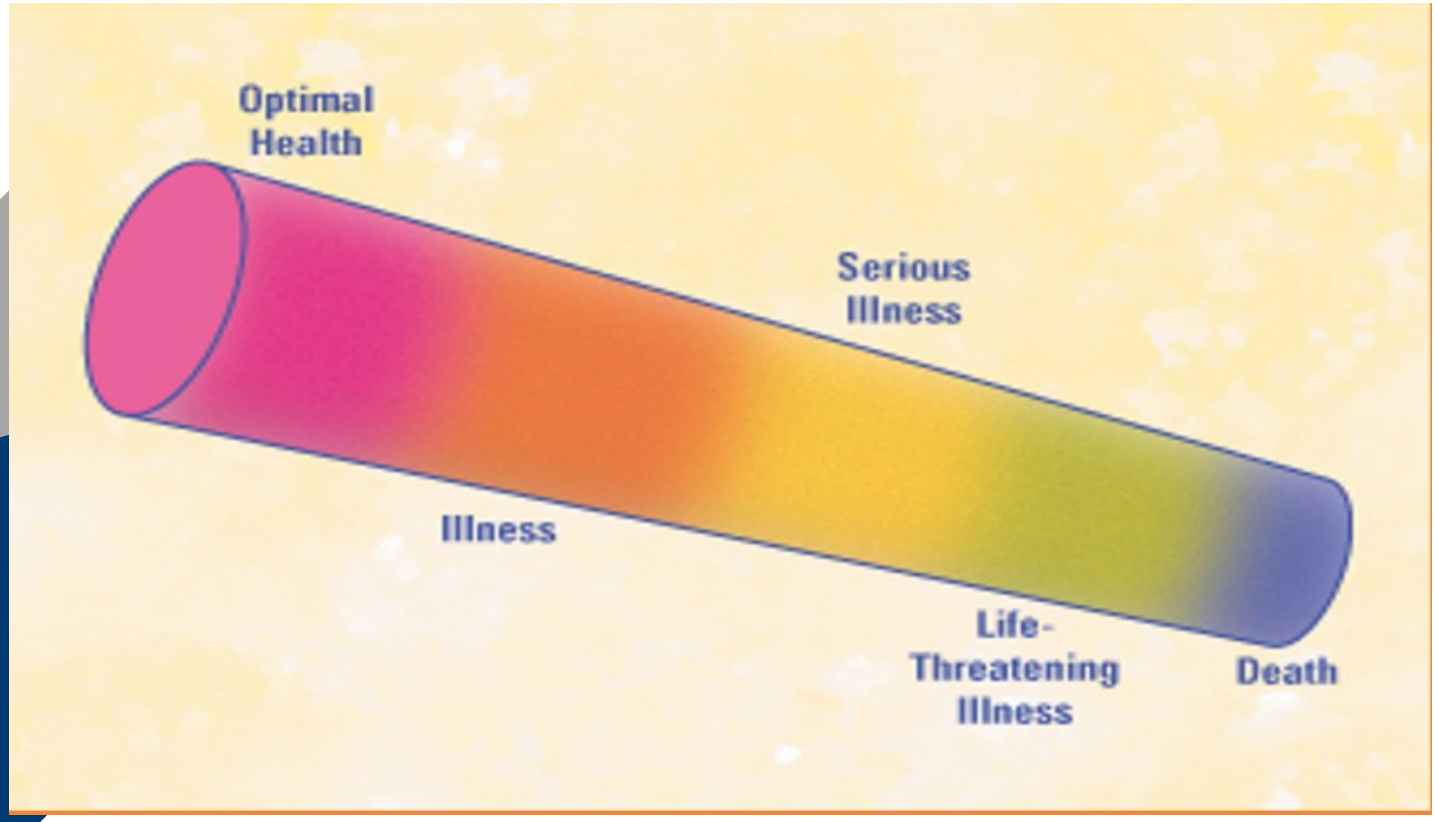
HOW DO THEY OPERATE?

- learned patterns of behavior
- goal-directed and functional
- habitual behavior fights for survival
- GOOD HABITS are hard to start
- BAD HABITS are hard to put off
- HOW DO WE STOP A BAD HABIT?

HEALTH CONTINUUM

- HEALTH is the state of the body at a given moment in time
  - Your state of health is constantly changing

OPTIMUM HEALTH is highest level HOMEOSTASIS is a state of balance between body systems



THE 5 DIMESNIONS OF HEALTH

PHYSICAL HEALTH

The condition of the body , its systems and parts

MENTAL HEALTH

The condition of the mind from cognition to information processing and interpretation

EMOTIONAL HEALTH

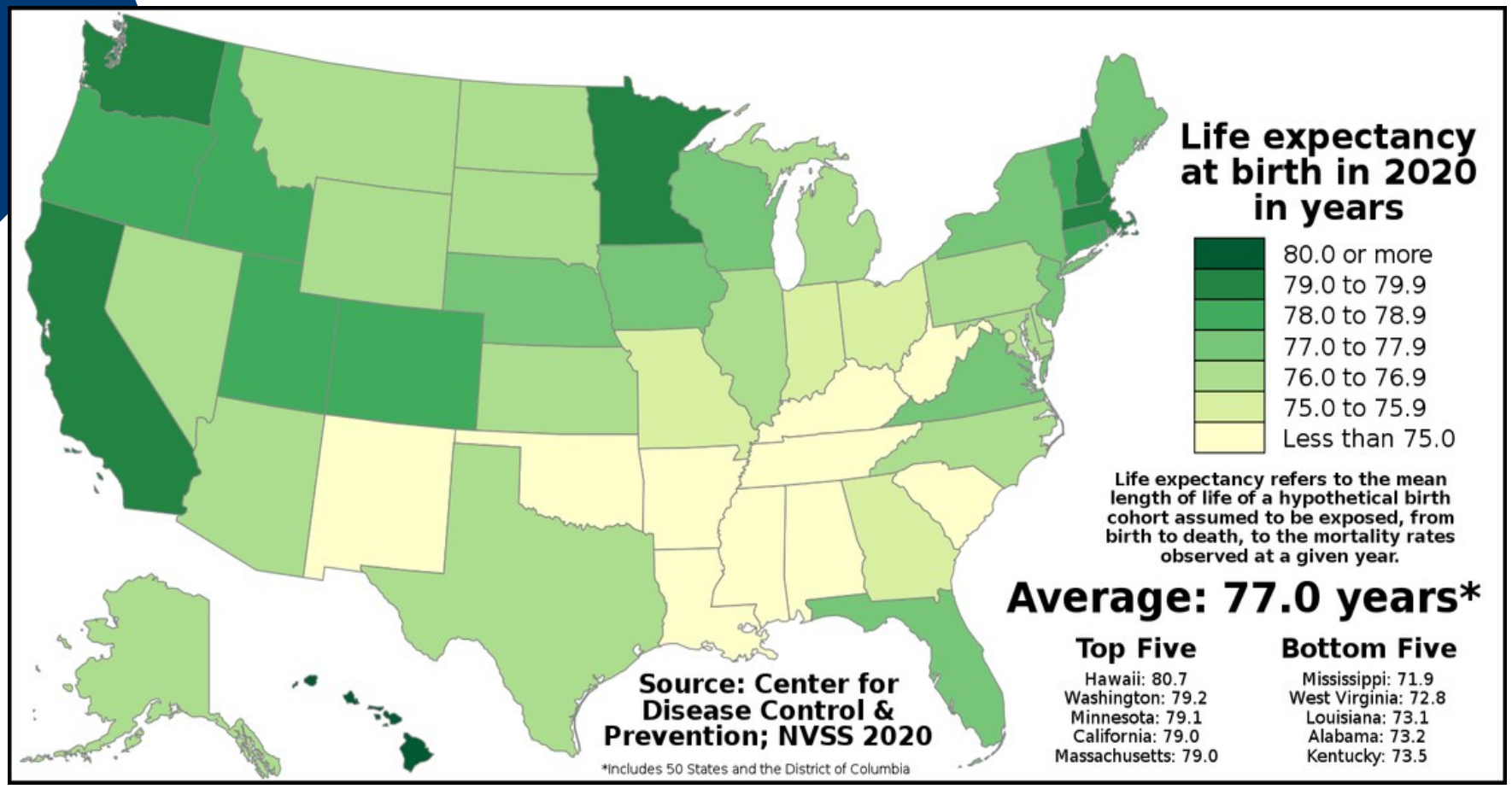
The way you balance thoughts and feelings in response to events in life

SOCIAL HEALTH

Your relationships with other individuals

SPIRITUAL HEALTH

The values on which you base your life; your standards of behavior


Life expectancy at birth in 2020 in years
80.0 or more
79.0 to 79.9
78.0 to 78.9
77.0 to 77.9
76.0 to 76.9
75.0 to 75.9
Less than 75.0
Life expectancy refers to the mean length of life of a hypothetical birth cohort assumed to be exposed, from birth to death, to the mortality rates observed at a given year.
Average: 77.0 years*
Top Five
Hawaii: 80.7
Washington: 79.2
Minnesota: 79.1
California: 79.0
Massachusetts: 79.0
Bottom Five
Mississippi: 71.9
West Virginia: 72.8
Louisiana: 73.1
Alabama: 73.2
Kentucky: 73.5
Source: Center for Disease Control & Prevention; NVSS 2020
*Includes 50 States and the District of Columbia

LIFE EXPECTANCY

the number of years you might live

FACTORS

- Heredity
- Personal health behaviors
- Environment
- Economics

LONGEVITY

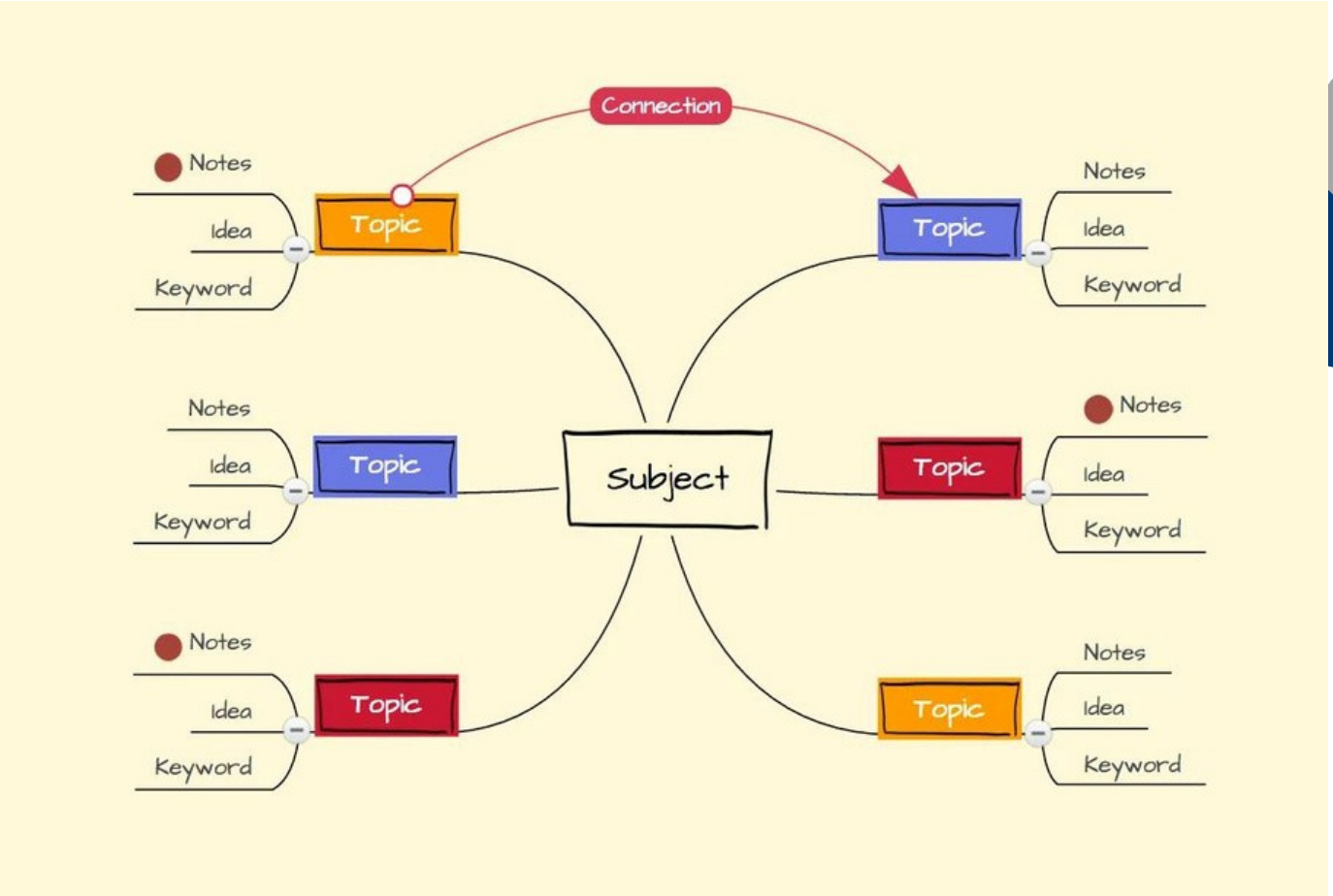
the length of your lifespan

HEALTH LITERACY

CHARACTERISTICS OF A PERSON WHO IS HEALTH-LITERATE

- Self-Directed Learner
- Critical Thinker
- Responsible Member of Society
- Effective Communicator

PROBLEM SOLVING



MAIN IDEA

Main idea goes in the center of the mind map

BRANCHES

Details and ideas related to the main topic

TWIGS

Supplementary information related to specific topic

EFFECTIVE SOLUTIONS

good solutions meet THREE criteria

1. SUITABLE

Does the solution solve the problem WITHOUT compromising ethics

2. FEASIBLE

How usable is my solution

3. FLEXIBLE

Could my solution be used again to solve a similar problem

LEARNING KEYS

PAY ATTENTION

- Listen actively
- Ask and answer questions

TAKE GOOD NOTES

- Write down key terms
- Write down important facts
- Write down additional information beyond the slides

REVIEW NOTES

- Review, reread, rewrite notes each night after class

SLEEP

- Brain files information during sleep
- "Chunking"